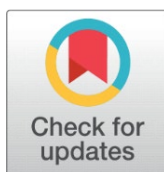
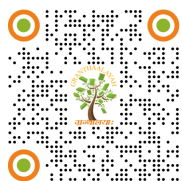


# A CASE STUDY OF MADHUTAILIKA BASTI AND UDVARTANA IN MEDOROGA WITH SPECIAL REFERENCE TO OBESITY

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## ABSTRACT

The disease *Sthaulya* has been mentioned by Acharya Charaka in *Ashtaunindita purushadhyaya*. symptoms like heaviness and bulkiness of the body due to extreme growth especially in *Udaradi* (Abdomen) region is termed as “*Sthula*” and the state (Bhava) of *Sthula* is called as “*Sthaulya*”. Charaka has mentioned the *Beejadosh* *Swabhavata* as one of the important etiological factors besides other for the disease. nowadays maximum percentages of carbohydrates & high-tech machineries which makes a person less active & prone to *Sthaulya*. organs, *Kshudra shwasa*, *Anga gauravata* and other various signs and symptoms. In modern medical science *Sthaulya* is compared with Obesity and it is defined as excess of body fat that poses a health risk. It is caused by excess calorie intake, but endocrine disorders like hypothalamic disorders, Hypothyroidism, Cushing’s syndrome etc. can also be the cause of Obesity. Here in the case study a female patient of age 44 years presenting with clinical features of *Sthaulya* and was treated with *madhutailik basti* and *Udvardana* got relief within 15 days.

**Keywords:** Sthaulya, Madhutailik Basti, Udvardana, Obesity

## 1. INTRODUCTION

*Sthaulya* is described by Acharya Charaka in *Ashtaunindita Purusha Mayashankar (1981)* and also listed in *Shleshma Nanatmaj. Santarpan Nimmittaja, Atinindita, Ati Brimhana Nimmittaja* and *Bahu Dosha Janita Vikara*. Acharya Charak listed eight defects underlying *Sthaulya Purusha, Ayurhasa, Javoparodha, Alpa-Vyavayitva, Daurbalya, Daurgandhya, Swedbadha, Ati-Trisha, Ait-Kshudha Mayashankar (1981)*. Moreover, Acharya Sushruta has emphasized on metabolic disturbances (*Dhatwagnimandya*) in the etiopathogenesis of *Sthaulya*. In modern medical science *Sthaulya* is compared with Obesity.

Obesity is a state of excess adipose tissue mass. Obesity should not be defined by body weight alone, as muscular individuals may be overweight by arbitrary standards status and risk of disease is the body mass index (BMI), which is equal to weight/ height<sup>2</sup> in kg/m<sup>2</sup>. [Book-Dennis et al. \(2021\)](#) A person with a BMI of 30 or more is generally considered obese [Joshi and Seth \(2021\)](#). Obesity in India has reached epidemic proportions in the 21st century, with morbid obesity affecting 5% of the country's population [Obesity \(2021\)](#). According to ICMR-INDIAB study 2015, prevalence rate of obesity and central obesity are varying from 11.8% to 31.3% and 16.9%-36.3% respectively. [Ahirwar and Mondal \(2019\)](#) Guru & Aptarpana Chikitsa & Shodhana is mentioned as line of treatment for Sthoulya in Ayurveda alongside varied formulations like Udwartana, Basti [Murth \(2001\)](#) A present article about a case study of a female patient of sthaulya was treated with madhutailik basti and Udwartana got relief within 15 days.

## 2. CASE REPORT

### History of personal illness

The present case study is successful Ayurvedic management of a case of Sthaulya (Obesity). A 44-year-old female patient came to us with chief complaint of –

**Table 1**

Table 1: Showing symptoms & duration of patient		
SR.NO	CHIEF COMPLAINTS	DURATION
1	Kshudrashwas (difficulty in respiration)	30 days
2	bharvrudhdhi (increase in weight)	2 months
3	Trushna (thrust)	2 months
4	Daurbalya (general weakness)	2 months
5	Kshudha	2 months

### History of past illness

patient was not a known case of hypertension, diabetes mellitus, hypothyroidism, PCOS. no any history of drug allergy hysterectomy done before 6 months

### History of personal illness

The patient was normal 2 month back. Increasing in weight, dourabalyanubuti (general weakness) in primary stage after that patient have symptoms like Kshudrashwas (difficulty in respiration). To overcome this, she came to our hospital for the treatment.

## 3. ASTAVIDHA PARIKSHA

*Nadi* (pulse) = 74/min.

*Mutra* (urine) = 3-4 times in a day

*Shabda* (speech) = . *prakrut*

*druk* = *prakrut*

*Mala* (stool) = *Asamyak pravrutti*

*Jeevha* (tounge) = *Eshat saam.*

*sparsh* = *Anushna shit*

*Akruti* = *sthula.*

### Genral examination

pulse- 74/min

Blood Pressure = 120/70 mm/Hg.

hight- 165 cm

Temp – 99 F

Respiration rate- 20

weight – 77kg

### Dashavidha pariksha

1. Prakruti – Vatkaphj
2. Vikruti –medodhatu drushti
3. Sara –Madhya
4. Samhanana – Pravara
5. Pramana – Adhik
6. Satmya – Madhyama
7. Satva – Madhyama
8. Aharashakti- Madhyama
9. Vyayamashaki – Madhyama
10. Vaya- Madhyama

### Srotas parikshan

- 1) **Pranavaha:** - Nasa /Hridaya/Phupphusa/Mahasrotas - prakrut
- 2) **Annavaha:** - Jiwha Danta DantamoolVamparshwa Aamashaya- prakrut
- 3) **Udakvaha:** - TaluKloma- prakrut
- 4) **Rasavaha:** - HridayaNadiDashdhamanya- prakrut
- 5) **Raktavaha:** - Yakrit PleehaRaktavahi dhamanya- prakrut
- 6) **Mansavaha:** - SnayuTwak- prakrut
- 7) **Medovaha:** - Vrukka - prakrut  
Vapavahan – vrudhi  
Sphika – vrudhi
- 8) **Asthivaha:** - Medodhatu – vrudhi  
Jaghana - vrudhi  
Danta - prakrut
- 9) **Majjavaha:** - AsthiSandhi- prakrut
- 10) **Shukravaha:** - Medhra/Vrishan  
Stana-stana lambanam
- 11) **Artava & Rajovaha:** - Tryavarta Yoni- prakrut
- 12) **Mutravaha:** - VrukkaBastiGavinee- prakrut
- 13) **Purishavaha:** - Pakwashya Guda- prakrut
- 14) **Swedavaha:** - Meda Lomakupa-Aati-sweda
- 15) **Manovaha:** - Nidra Smriti - prakrut

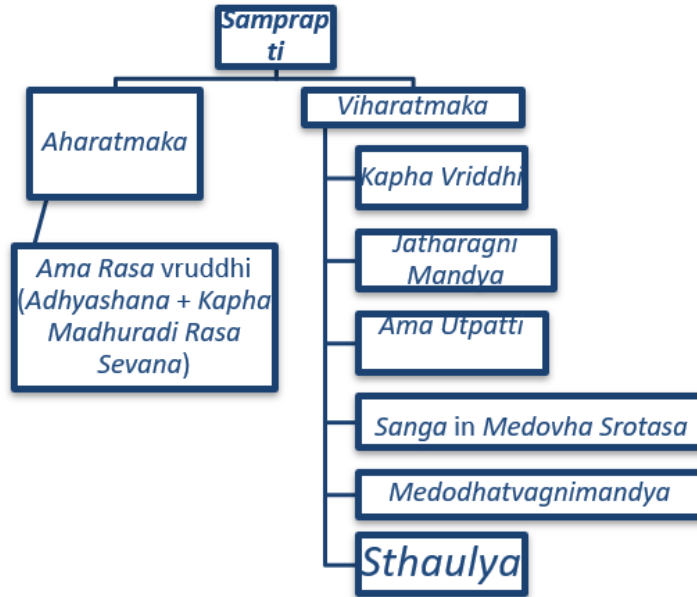
### Hetu Sevana

1. **Aharatmak-** Atibhojana (Overeating), Guru Aharasevana (excessive consumption of heavy food) like non-veg eating Motton, chicken, Madhura Aharasevana (Sweet food), Sheeta Aharasevana (Excessive consumption of cold diet) like ice-cream, Snigdha Aharasevana

(Excessive oily food), Gramya Rasa sevana (Usage of domestic animal's meat & soups), Sarpi, Ikshu, dadhi seven etc

2. **Viharatmak-** Avyayama (no exercise), Avyavaya, Divasvapa, Sukha Shaiya, Snana Sevana, Gandhamalyanu Sevana, Svapna Prasangat
3. **Mansik-** Harshanityavat, Achintan, Mansonivrti, Priyadarshana, Saukhyena

**Samprapti:** Mayashankar (1981)



#### 4. SAMPRAPTI GHATAKA

The following factors play a major role in Samprapti of Sthaulya.

**Dosha:** - Kapha – Kledaka  
Vata – Samana, Vyana  
Pitta – Pachaka

**Dushya:** - Meda, Rasa Dhatu

**Strotas:-** MedovahaStrotas ,RasavahaStrotas

**Strotodusti:-** Margavarodha •Sanga •Amatah

**Agni** -Jatharagni, Rasa and MedaDhatvagni,Parthiva, ApyaBhutagni

**Udbhavasthana:** Amashaya

**Roga Marga:** Bahya

**Prasara:** Rasayani →

**Ama** Dhatvagni Mandyajanit Ama, Jatharagni Mandyajanit Ama

**Adhishsthana** Whole Body (Particularly Vapavahana and Medodhara Kala) ←

#### 5. MATERIALS AND METHODS

##### 5.1. METHODS

Centre of study: I.P. D of panchkarma dept. Of Ayurvedic hospital.

Method of sampling& study design: Simple Clinical Single case study.

## 5.2. MATERIALS

basti and udavartana treatment given to the patient

**Table 2**

Table 02. Showing Ingredients of Madhutailika basti:		
sr/no	Dravya	Matra
1	Madhu	2-Prasruta ,1-karsha
2	Saindhava	1-Karsha
3	Taila	2-Prasruta,1-karsha
4	Shatapushpa choorna	1/2-Pala
6	Erandamoola kwatha	4Prsruta,2-karsha

### Methods

#### Basti chart -

Sr No	Date	Basti Dana kala	matra	Praty agama	Lakshanas
1	18/09/2018	11AM	60MI	after 1hr	Savat sasneha purish nirgamana
2	19/09/2018	9.30 AM	320MI	after 5min	savat sakwatha purish nirgamana
3	20/09/2018	9.30 AM	60MI	after 3 hrs	savat sasneha purish nirgamana
4	21/09/2018	10:00 AM	320MI	after 15min	savat sakwatha purish nirgamana
5	22/09/2018	10.30 AM	60MI	after 3hrs	savat sasneha purish nirgamana
6	23/09/2018	9.30 AM	320MI	after 5min	savat sakwatha purish nirgamana
7	24/09/2018	10.30 AM	60MI	after 6hrs	savat sasneha purish nirgamana
8	25/09/2018	11:00 AM	320MI	after 15min	savat sakwatha purish nirgamana
9	26/09/2018	10.30 AM	60MI	after 5hrs	savat sasneha purish nirgamana
10	27/09/2018	10:00 AM	320MI	after 5min	savat sakwatha purish nirgamana
11	28/09/2018	9.30 AM	60MI	after 2hrs	savat sasneha purish nirgamana
12	29/09/2018	10:00 AM	320MI	after 15min	savat sakwatha purish nirgamana
13	1/10/2018	9.30 AM	60MI	after 3hrs	savat sasneha purish nirgamana
14	2/10/2018	11AM	60MI	after 4hrs	savat sasneha purish nirgamana
15	3/10/2018	9.30 AM	60MI	after 5hrs	savat sasneha purish nirgamana

## 6. OBSERVATION AND RESULTS

After the treatment of 15 days, there was significant decrease in sign and symptoms of sthaulya Clinical examination of the patient's revealed regression of

- No Kshudrashwas
- bharvruddhi less
- No Trushna
- No Daurbalya
- Kshudha less

#### Criteria for assessment: -

Subjective criteria

Lakshanas	0 day	7th day	15th day	30th day
1)Kshudrashwas	++	+	+	-
2) bharvruddhi	++	+	+	+

3) Trushna	++	+	-	-
4)Daurbalya	+++	++	+	-
5)Kshudha	++	++	+	+

### Objective Criteria: -

Parameters	0 day	7th day	15th day	30th day
1) Body Weight	77 kg	75 kg	74.5 kg	74 kg
2) Body Mass Index	28.5	27.7	27.5	27.4
3) Waist to Hip ratio	108/114	107.5/113	107/112	106/111
4) Skin fold Thickness	4 cm	4 cm	3.5 cm	3.5 cm
5) Mid Arm circumference	38 cm	37 cm	37 cm	36.5 cm
6) Chest circumference	99 cm	98cm	98cm	97.5cm
7) Abdominal Girth	105cm	104cm	104cm	103.5cm
8) Thigh circumference	63cm	62cm	62cm	61.5cm

## 7. DISCUSSION

Acharya Sharangadhra has mentioned madhutailik basti as dipana, bruhana, vrushaya, balavanakara, it is mentioned that madhutailik basti can be given in disease like gulma, medovrudhhi, krumi, pliha and udavarta. Basti is not only best for Vata disorders it also equally effective in correcting the morbid Pitta, Kapha and Rakta. [Murthy \(2001\)](#) Charaka has considered, Basti therapy as half of the treatment of all the diseases, while some authors consider it as the complete remedy for all the ailments. [Mayashankar \(1981\)](#) Sushruta describes that Udvartana helps to restore the deranged Vayu of the body to its normal condition. It liquefies Kapha and Meda, [Shashtri \(2009\)](#) gives smoothness and cleanness to the skin and imparts firmness to the limb. Triphala also having Medakaphahar properties along with it enhances agni and ultimately it helps in increasing lekhan and dhatwagni so the samprapti is broken for further meda preparation.

## 8. CONCLUSION

Panchakarma eliminates vitiated Doshas, improves power of digestion and enhance metabolism. Panchakarma treatment like Udvartana, along with Basti best way to manage such condition. In above case this therapy resulted in the marked relief in all the criteria's of Sthoulya. So, we can say that Panchakarma treatment diet control and regular exercise can give best results in obesity (Sthoulya).

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